

# TOP TIPS

## FOR AVOIDING NUTRITION MISINFORMATION



Association  
for Nutrition™

Regulating Professionals, Raising Standards, Improving Health

### Trust your inner sceptic - if it sounds too good to be true, it most probably is!



Read beyond the headline and if it doesn't sound right, then double check it by looking at official sources such as the NHS to see if they give the same information. Sadly research shows 98% of nutrition information on platforms like TikTok are inaccurate and misleading!

### No food or supplement can 'boost' your immune system, prevent or treat diseases



Good nutrition can support the maintenance of your immune system, but any claims that a particular food or supplement will somehow boost your immune system, prevent or treat diseases are false, misleading and should not influence either your shopping or your diet.



### Nutrition and health professionals will not make specific product recommendations

If a blog, post or article encourages you to buy a particular product, then bring out your inner sceptic and double check before you spend any money or give any personal information. Be very cautious of pages which promote specific products and link to being able to purchase these, as it may actually be a company's marketing page!

Remember that nutrition and health professionals have ethical standards which require them to prioritise acting in the interests of the public over any potential private gain. Therefore, whilst they may share information to help aid your understanding of the UK's official recommendations relating to supplements, or how products you may already be looking at could be part of a healthy diet, they won't make any health claims about these or advise you to buy a particular one.



### Check the credibility of the source

Is the advice/author someone who is qualified in nutrition? For example they may be an expert in a different subject, but are they qualified to give nutrition advice? You can quickly check they are suitably qualified and regulated in nutrition by seeing if they have the post-nominals ANutr, RD or RNutr after their name. You can find qualified and competent nutritionists at:

<https://www.associationfornutrition.org/register/search-the-register>



### Eliminate poor advice from your inbox and newsfeeds recommending you avoid foods or food groups

It is recommended to eat smaller amounts of foods that are high in calories but low in beneficial nutrients such as fibre and vitamins. However, unless you have a food allergy, evidence-based advice won't recommend eliminating foods or food groups from your diet. We recommend eliminating this false information from your inbox/newsfeed!

### Don't feed the beast by being careful what you share

Remember to be careful with what you share online and via WhatsApp, as things aren't always what they seem online. Protect yourself, your friends and family from the spread of misinformation by thinking about the points on this page and by using the government's SHARE checklist before you like, retweet or share content to make sure you don't 'feed the beast'. You can learn more about this at:

<https://sharechecklist.gov.uk/>

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